

# ALCOHOL/DRUG COUNSELING-EXTENS (ADX)

## **ADX 300. Intro To Alcoholism. (3 Units)**

This course provides basic information about alcohol: the physiological, psychological and sociological effects of alcohol abuse; identification of social drinking, problem drinking; etiological theories of alcoholism; defense mechanisms; the counseling relationship and basic treatment issues.

## **ADX 301. Intro Counseling Techniques. (3 Units)**

This course introduces the skills and techniques necessary for counseling. Students will learn to use active listening skills and to develop a high empathy level. The course is both theoretical and experiential.

## **ADX 302. Counseling The Individual. (3 Units)**

This course develops an understanding of the psychological factors in alcoholism and drug abuse and their implications for treatment. Counseling techniques are examined and practiced including assessment, perception and communication, skills required for various stages of treatment, prognosis and termination.

## **ADX 303. Perspectives on Drug Abuse; Counseling the Substance Abuser. (3 Units)**

This course is an introduction to this major social/psychological problem. Students learn the basic pharmacology of the commonly encountered street drugs and behavioral and physiological consequences of drug abuse. Poly addiction and treatment modalities are also covered.

## **ADX 304. Group Counseling Techniques. (3 Units)**

This course provides an understanding of group dynamics, defenses, problems, goals and growth. The roles of the group facilitator and group members are examined and practiced in class.

## **ADX 306. Family Dynamics. (3 Units)**

This course introduces theories of the effects of substance abuse (alcohol and/or drugs) as they relate to the family system. Students gain insight into the identification and solution of problems of the pathological family and the individual roles and behavior patterns that exist within it.

## **ADX 308. Treatment of Eating Disorder. (3 Units)**

## **ADX 309. Cognitive-Behavior Treatment for Domestic Violence. (3 Units)**

Designed for facilitator of domestic violence treatment groups and partially meet the requirements of California state law regulating approved domestic violence treatment programs for court-mandated counseling. Utilizes several cognitive-behavioral and relationship skill-building approaches to help clients. A national certificate in domestic violence can be earned in this course.

## **ADX 311. Process Addictions. (3 Units)**

The course provides an introduction to and identification of process addictions, their symptoms and treatment. Process addictions of gambling, gaming, video games, work, internet, sex, cybersex, pornography, spending/debiting, shopping, overeating, exercise, social media, chat rooms and texting will be examined from a developmental, behavioral, familial and cultural perspective. Impulse control (ICD) will also be examined. Historical perspectives, attitudes and current societal emphasis on these addictions and disorders will be highlighted. Important issues such as incidence of cross addiction and dual diagnosis frequently accompanying these symptoms along with current research will be presented.

## **ADX 351. Seminar in Counseling Fieldwork I. (2 Units)**

The Fieldwork course is designed to provide the student with basic understanding of the role of an Addiction Counselor while the student is participating in an internship (ADX 352). The course covers the Twelve Core Functions, State Mandated Reporting Requirements, Legal Aspects, Suicide, and Charting, which are principal applications for paraprofessionals in the Addictions Field. Prerequisite courses: ADX 300, 301 and 2 additional ADX courses Co-requisite course: ADX 352.

## **ADX 352. Counseling Fieldwork I. (1 Unit)**

The ADX 352 Fieldwork component is the first of two fieldwork courses in the Alcohol and Drug Counseling Certificate Program. It is structured to provide guided instructions regarding the professional expectations of working in this field and the practical aspects of Addiction Counseling. It is also designed to meet the initial requirements of the State of California approved substance abuse certifying agencies and provides the "hands-on" experience of being an Addiction Counselor. The course is driven by the exchange of ideas regarding student experiences encountered while in the field. Discussions will revolve around best practice service delivery and appropriate conduct as an Addiction Counselor. Prerequisite courses: ADX 300, ADX 301 and two additional ADX courses. Co-requisite course: ADX 351.

## **ADX 353. Seminar in Counseling Fieldwork II. (2 Units)**

This Fieldwork course is designed to provide the student with an opportunity to function as a Group Facilitator by providing a full lecture/training on their chosen Alcohol and Drug topic. Students will review and discuss various clinical vignettes to increase their understanding and ability in Treatment Planning and Assessments. Students will continue with their internship hours while participating in the Fieldwork course. Since this is the final class in a program designed to prepare students for positions in the field of chemical dependency and other addictive disorders, much of the emphasis in the assigned coursework is geared to polishing research, writing, and speaking skills, as well as clinical skills. Prerequisite courses: ADX 351 and ADX 352 Co-requisite course: ADX 354.

## **ADX 354. Counseling Fieldwork II. (1 Unit)**

The ADX 354 Fieldwork component is the second of two fieldwork courses in the Alcohol and Drug Counseling Certification Program. It is structured to provide guided instructions regarding the professional expectations in working in this field and the practical aspects of Addiction Counseling. It is also designed to continue to meet the initial requirements of the State of California approved substance abuse certifying agencies and provides the "hands-on" experience of being an Addiction Counselor. The course is driven by the exchange of ideas regarding student experiences encountered while in the field. Discussions will revolve around the best practice, service delivery and appropriate conduct as an Addiction Counselor. Prerequisite courses: ADX 351 and ADX 352 Co-requisite course: ADX 353.